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The Circulation of The Bulletin

The Bulletin has the largest circulation of any paper in Eastern Connecticut and from three to four times larger than that of any in Norwich. It is delivered to over 4,000 of the 4,000 households in Norwich, a read by ninety-three per cent of the people. In Windham it is delivered to over 1,000 houses, in Putnam and Danielson to over 1,000 and in all of these places it is considered the daily.

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CIRCULATION

1901 average..... 4,412
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December 5..... **9,158**

CARING FOR THE INSANE.

With much regularity this state is called upon to provide for the care of the insane, and despite the millions of dollars which have been spent in the provision of hospitals and medical treatment, it has not kept pace with the conditions which make such institutions necessary. Though it has done much Connecticut still has plenty to do in this direction.

While it had been considered that the benefit of proper attention was being extended to all but about three hundred of the mildly insane patients of the state, who were being taken care of in almshouses, the investigation which has been conducted by the Connecticut Society for Mental Hygiene discloses that the number is in fact nearer six hundred. This uncovers the real situation must spur the state to the assumption of its full responsibility. Patients may be given protection in the town institutions, but it is evident that they are not receiving the proper treatment which is conducive to the improvement of their condition. The fact is that the insane who are being confined to almshouses are being required to endure therein the time when they would be receiving the most benefit from the proper medical treatment.

Insanity conditions are not going to improve by inattention. They show the effects of it too much already and the future of the state and country demands that only the insane, but the feeble-minded, be kept in institutions, should receive full justice from the state.

MILITIA ORGANIZATIONS.

Brigadier General A. L. Mills, chief of the division of militia affairs, makes it quite evident in his annual report that while much dependence may be placed upon the citizen army the actual condition of it is hardly in accordance with the standard demanded. Concerning this citizenry trained and accustomed to arms upon which the president declares we must depend in time of national peril, General Mills says in his report, "In no time is the prescribed minimum peace strength of all organizations of the organized militia maintained and in many instances the deficiency has reached such a figure as to leave the corresponding organizations such in name only—organizations of no value as a military asset to the federal government."

This happily does not apply to the national guard in every state for there are such organizations which are a valuable national reserve force both as to numbers and efficiency. Other states, where perhaps no more than the minimum peace strength is maintained, and that maintained with much less pride of the efficiency which this militia shows, but even then the relatively poor showing which such citizen soldiers make as a body, make when it comes to the use of the rifle indicates the condition of the troops upon which this country must rely.

Efforts have been made in the past few years to improve the national guard and they have been attended by much success where the states have cooperated therewith, but it is apparent from General Mills' report that there is still plenty of opportunity for bettering this military asset.

LITERACY TEST AGAIN.

It having been held up in the senate at the last session of congress it is to be expected, as indicated, that the effort to put through the immigration bill with the famous literacy test will be resumed in the present session. It is generally recognized that there is a need of careful scrutinizing the flood of aliens coming into the country. There is imperative need that the criminals and the undesirable should be weeded out and returned to the land they left, but the provisions of the bill are not such as will give any insurance of such a result. The literacy test is to be applied to all newcomers and it can be readily recognized that it is the uneducated foreigners who in all probability will make good citizens, who will bear the brunt of the law's operations.

That class which it is desired to retain by the literacy test is clever

enough to get by such provisions. They are not the honest, home-making citizens of good character and the ones who can be depended upon to become worthy residents. That they are able to qualify under such a requirement is made evident by the frequent displays of their ability in creating trouble.

If there is going to be a restriction of immigration it should be a just one. There should be nothing therein which would pass the unit and exclude the fit. Such is entirely un-American. It has been so looked upon by one president even to the application of his opposition and it is to be hoped that it will be sufficient to defeat the new attempt to pass the measure.

STATE LAWS AND TREATIES.

Periodically voice is given to an excessive amount of worry over the prospects of this country becoming involved in strained relations or war in the far east. This country has been told much of the sentiment against the United States alleged to exist in Japan, and it has also been reliably informed that the relations are of the best. In the latest of statements by Dr. Scudder of the Institute before the chamber of commerce at New Haven he supports both contentions by declaring that while there is among the masses this feeling towards America, it is not so among the educated classes who look at the situation before them. Whatever has stimulated the distrust toward this country in Japan, in his opinion it has come in a large degree from the copying of the utterances of our yellow journals. The basis for such has probably been the anti-Japanese legislation, which has so strongly brought out the conflict between state laws and treaty rights. The Japanese matter, however, might concern any foreign power and it is worthy of more than passing notice when ex-President Taft declares that the sole risk of this country being drawn into war with another nation lies "in the wanton, reckless, wicked willingness on the part of a narrow section of the country to gratify racial prejudice and class hatred by flagrant breach of treaty rights in the form of state laws."

At the present time Great Britain and Italy are protesting against the putting into operation of the anti-alien laws of 1907 and 1908. It is only another bit of evidence which calls for the lessening of the maddening conflict of state laws and treaties.

INCREASE IS NEEDED.

If there is good cause for the belief that the decision of the Interstate Commerce Commission in its recent decision will grant the petition of the eastern railroads for a five per cent increase in freight rates, it is time, though the question has been before the commission for two occasions in the past two years, the decision at this time gives evidence to the fact that the roads have proved their contentment.

The need of such proof is what has been realized throughout the effort and while it was generally considered that they were deserving of the advance when the petition was denied last year, the conditions have continued to grow worse despite the endeavors to put into operation the many suggested methods of curtailing expenditures and eliminating waste.

Not only thereby will the railroad system be given the sort of encouragement which they need, but it is bound to reflect good results in general conditions throughout the country. The increasing of the revenue of the roads by approximately fifty million dollars a year will be shared by business in general, and outside of the war it promises to be the greatest relief to business depression that has been received. That the course of greater economy which was previously urged was devoid of results cannot be claimed. It has unquestionably been a valuable suggestion and will continue to benefit the roads, but the idea brought forth has less results than the commission expected.

EDITORIAL NOTES.

Is putting the Dresden in a corner is like adding a new piece of china to the cabinet.

It is taking considerable of a chance not to casually let slip one or two Christmas wishes.

It is about time Davey Jones was advertising attractive bargains in second hand battleships.

It now looks as if the "nervous and excited" crowd is going to become as famous as the Ananias club.

After one trial it is quite evident that those new Franklin street walks are going to be a joy forever.

It can be safely surmised that the most needed article in a soldier's list of wants is not a necktie.

New Hampshire has saved a half million dollars' worth of forest property from fires. It pays to prevent.

The worst of the situation between this country and Mexico is that neither is preparing to move right away.

It has caused much surprise to some people that an honest view of the president's message is not an act of disloyalty.

The man on the corner says: After a fellow is broke he begins to have a few serious thoughts on the subject of economy.

The placing of the ban on the tight skirts is probably only one of the varieties of fashion, but it is not very much like American common sense.

Whether it is Bliss or Punston on the Arizona border, the Mexicans might as well make up their mind that putting a few over will be serious fun hereafter.

If, as believed, the Interstate commerce commission is about ready to grant the increased freight rate to the railroads, it is well. The delay has been sufficient.

It isn't everyone who started last August to get their Christmas gifts together, but those individuals are getting the most enjoyment out of the present season.

When it is declared that Russia through prohibition could replace Russia as of half a million within ten years, there appears to be good reason for dispensing with vodka.

WOMAN IN LIFE AND IN THE KITCHEN

SUGGESTIONS FOR THE HOUSEWIFE

Dusters can easily be made by soaking squares of old flannel in paraffine oil over night and wringing them out lightly. They should be washed in lukewarm water. They will gather up all dust and leave a nice polish on the furniture and floors.

Hardwood floors should first be swept with a soft brush, then wiped with a long-handled dust mop. There are any spots on the floor rub them with a flannel cloth. If this does not remove them, clean with a little turpentine on a cloth. If water is spilled on the floor, it should be wiped up at once. If any liquid spill on a wax floor is allowed to dry, it will produce a stain which can only be removed by hard scrubbing.

If the yoke of a dress has become soiled, try cleansing it in the following manner: Have a basin of warm water, a cake of pure white soap and a brush with medium stiff bristles. Spread the yoke carefully on a flat surface, using a Turkish towel, folded several times, beneath it, to absorb the moisture. Apply the soap and water to the yoke, scrubbing it carefully.

It is most difficult of all stains to take out are those made by coffee. With care, however, the stain can be removed. Do not attempt to pull them apart, for this cannot be done with success; they should be cut horizontally, as they look better that way when stuffed. These put pieces of preserved ginger, candied orange peel, walnuts or pecans. Cherries make delicious filling and pieces of fig are also good. After the filling is put on the bottom portion, press the top part over it and this will remain whole.

CRACKS IN IRON.

If there is an ugly crack that shows on the kitchen range it can be filled up with a cement made by beating an egg, to which a little pulverized iron filings are added, and then press it into the crack. Smooth off even with the iron surface. This paste will harden and the crack will take a polish that will render the crack unnoticeable.

USE COLD PASTE.

To clean mattresses use a paste of cold water and starch. After the mattress has been washed with soap and freed from dust spread this paste freshly made on all spots and expose to the sun for several hours. Then wash with cold water. A second application of this paste should be tried if the first is not entirely satisfactory.

LIGHT FLOORS.

Bare floors of hardwood or simply stained with light wash rugs are not as popular for winter homes as for summer cottages. Very light floors unstained and with a dark wood grain toward brightening a dark bedroom.

HEALTH AND BEAUTY.

For croup beat the white of an egg to a stiff froth, then sweeten a little and add a little pulverized alum. Give a teaspoonful every ten or fifteen minutes until relief comes.

When the hands are parched, dry and cracked from the incessant use of soap and cleansers, a little vinegar rubbed on will destroy the skin soft and white. If this is done after dishwashing, laundry work and cleaning the skin will not suffer at all.

Constipation and sluggish action of the liver are quickly reflected by a yellow tinge in the so-called "whites" of the eyes. This condition calls emphatically for out of door exercise. If you are house-bound by some unusual ailment, take a few minutes to open the windows and do physical exercises for half an hour twice a day. Cut out sugar and starch in your diet. Always take hot water or weak tea in place of coffee, and on arising drink the juice of half a lemon in a cup of hot water. Constipation must be overcome, but if possible by diet and exercise rather than by medicine.

A trained nurse says one should eat fruit every day. Fresh fruit is the best, but canned or steamed will answer. Eat of fruit in its season, as often as possible, and at least once a day. Some of the bulky varieties are valuable, such as carrots, cabbage, turnips, and the winter squashes. They contain valuable properties and prevent overindulgence. They also act as intestinal brooms.

Sitting in a chair or reclining on a lounge is not the most restful position, though it does ease certain portions of the anatomy. If a person must stand much the best rest is obtained by sitting on a low stool or box with the feet higher than the head. These ease strain on the overtaxed leg muscles and those of the feet also.

CHAPPED HANDS.

The first chilly day is the day to begin to wage war against chapped hands. If you can keep your hands from becoming chapped in the transitional weather between hot and cold, you will have little difficulty with them later on, for it is in the first cold days that they are especially sensitive to cold.

Chapped hands are almost always caused by insufficient drying after washing, or perhaps the water was too cold and very hard or used too hot. Both extremes are bad for the skin. To preserve the hands in good condition in cool weather, they should, whenever possible, be washed in tepid water and this is softened by a teaspoonful of borax so much the better.

Be sure to use a soap of good quality, and when drying the hands take the precaution of rubbing each finger separately.

If the hands are rubbed over once a day with a slice of lemon and a little cold cream, or if mutton tallow is rubbed into them thoroughly before going to bed at night there will be little danger of the skin becoming chapped or rough.

A delightful fragrant cold cream for the hands, or the face either, can be made as follows: Take eight ounces of almond oil, one and one-quarter of an ounce of spermaceti, one and one-quarter of an ounce of white wax. Shred the wax and the spermaceti finely and put in a china marmalade jar. A small enamel ware saucepan about a third full of boiling water, keep this standing until the ingredients are entirely melted and then add a few drops of lavender oil and pour into the china pot. The little pots in which cheese comes are excellent for this purpose. The preparation can be used as soon as it is cool and will keep for a long time.

Another invaluable lotion for hands that are inclined to be red in winter, even when the skin is not chapped, is made of lemon juice, cast oil and glycerin, equal parts of each. This can also be used for chapped hands.

DICTATES OF FASHION.

The tulle is now cut in points or scallops. These are edged with large

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daughter of Gen. Robert E. Lee says that although she is a soldier's daughter, and descended from soldiers in a long line, she is for peace and could scarcely do more than to do women's work of the misery that must follow war. She was in London and saw the troops marching by and could only see them through tears, so much was she impressed with the sight of the brave, handsome young soldiers, going to possible slaughter.

MENDING THE CUFFS.

"The cuffs of my husband's shirts 'break' and get ragged while the remainder of the garment is still in perfect condition. I have tried many ways of mending them and finally have found an easy and satisfactory one. As the shirts are usually white with a colored stripe, a strip of stout white material about an inch wide will mend them. (If shirt is colored and you have no piece to match cut a strip of old piece of sugar loaf shirt.) Trim off ragged edge of the cuff and stitch on strip (right sides together) just below a stripe if possible. Pull tight over edge of cuff, turn under and stitch on wrong side."—Woman's Home Companion.

SILK HANDKERCHIEFS.

Silk handkerchiefs should be washed in warm rather than cold water. Use soap. This should be blue, as should the rinsing water. Roll up tightly in a cloth and iron the handkerchiefs between linen or they will turn yellow.

RECIPES.

Chocolate Pie—One-half cup of sugar, two level tablespoons of cornstarch, one teaspoon of chocolate or cocoa, yolks of two eggs, a little salt, two cups of milk, vanilla. Bake in one crust. Beat whites of two eggs and use as a meringue. Spread over pie when done and brown lightly.

Rice and Meat Casserole—Boil a cup of rice. Line a buttered pan with the hot rice. When cold fill the pan with chopped meat, meat sauce, any kind. Season well. Add gravy. Set in pan of water and bake half an hour. Turn out on a dish and serve with tomato sauce.

OTHER VIEW POINTS

Common sense is a good thing to exercise when distributing Christmas presents. Don't give a person an enormous sofa pillow, when a bushel of potatoes would be more acceptable.—Rockville Journal.

People who have taken the trouble to observe must have been impressed with the recent startling increase in the number of crimes against property and the immunity enjoyed by their perpetrators. Now we progress from the lawless lawless lawless crime against life, apparently growing out of the former. Which suggests the question: Are we providing a pasture for the lawless held in Connecticut and do we possess the machinery for protection and detection adequate to the needs of the smaller communities? And if we do not, are we to rely for the safety of our property and lives upon the honor and integrity of the preference for other fields?—Hartford Times.

Could anything more sharply show the savagery and brutality, the senselessness of war than the present plight of Belgium? Through no fault of her own she has been reduced to a state of famine, a large per cent of them are ill, and all are on the verge of starvation. Bad as is her condition, it is the direct result of the war. It is the food and assistance sent from this country. And all this was and is being sent to the war lords who are willing to plunge half the world into utter wretchedness for the sake of a few millions of dollars. How long will the intelligence of the world stand for this sort of thing?—Bristol Press.

Publicity is the best detector of crime, as evidenced in the chicken-chieves captured on the hen roost throughout the rural section of this vicinity have been the prey of a set of writers for sale seeking employment on those already captured will no doubt safeguard owners of chickens for the time being, but a keen lookout should be kept the others intending on gaining a livelihood in a like manner.

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advancement of a whole community. Former Senator Nelson W. Aldrich expressed his emphatic opinion that the modern chamber of commerce was an absolute necessity to every city alive to its own welfare.

Andrew Carnegie, the noted philanthropist, agreed with what Messrs. Taft and Aldrich said concerning the necessity of a safe guard if nothing else of the modern chamber of commerce.

And so I might go on and on giving specific instances of the great bodies toward the Chamber of Commerce. Here in Connecticut the State Business Men's association, the largest and most aggressive of all such organizations has recently gone on in a body, carrying the 42 local associations with it into one state chamber. Here at home the Norwich Business Men's association fully believing that the majority of the members of both the board of trade and their own organization would much prefer to belong to one organization, and that, because of its broader sphere of influence, would naturally choose the Chamber of Commerce to any other name, have gone on record as favoring the consolidation.

To some minds the work of all points is the pain of a new idea. To the ambitious or progressive it is a spur to action. A community bent on improvement learns and adopts their new ideas when the latter promise beneficial results. Admitting that the Board of Trade has done good work in the past is not a sufficient reason for standing in the way of greater progress in the future, and especially in the present, for the purpose of binding together all civic, commercial and trade organizations in the country into a central body of recognized authority.

The first annual meeting was held January 12, 1914, with 150 organizations representing 42 states, the District of Columbia, Hawaii, the Philippines, Porto Rico, and the American Chamber of Commerce at Levant, having a membership of 159,000. Since then the membership has grown very rapidly. The object of the National Chamber is to obtain by referendum and otherwise the consensus of opinion in regard to proposed legislation. Congress is appreciating the vast importance of this body governed as it is by the ablest men that can be procured in the country and for those reasons the organization has become one of the most powerful and probably will be the most powerful trade organization in the country.

Quick to see the advantages of such a centralization of forces the Boston Chamber of Commerce was formed by the Boston Chamber of Commerce, bringing together many independent organizations into one chamber which in time is subdivided into the various branches of commerce. As many bureaus as are necessary may be formed; for instance with a farm bureau all matters pertaining to agriculture would immediately be referred to that division. The same would apply to legislative, banking, manufacturing, transportation, merchandising, etc., who in turn would recommend their findings to the central body or chamber for its approval or rejection. The Boston Chamber has recently elected its officers and governing board for the ensuing year and will shortly have been drawn to the high class of men that have been chosen, men of national importance having agreed to serve as bureau chiefs, and leaders of departments, thus giving their time and the best of their ability to the great work the Boston Chamber of Commerce has mapped out as a leader in New England.

The San Francisco Chamber of Commerce, as far back as 20 years ago began its process of consolidation and was carried on until 1910 when four large organizations with a membership of over 100,000 were merged into one. The Providence Chamber of Commerce has united all the independent commercial bodies under one banner during the past year and, at its first meeting this season of the committee of 100 held at the Narragansett hotel, voted to unite all the independent commercial organizations into one. The former president said that the modern Chamber of Commerce was a public necessity for any community, large or small. He pointed out that the modern chamber was entirely a different institution from the old time board of trade by whatever name it had been called since the modern chamber represents not only the strictly commercial interests of a city but all that is intended for the conservation and

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